

The Communicator

for STUDENTS of

The Ohio State University at Lima and Lima Technical College

"HEALTHY BALANCE WEEK" HIGHLIGHTS

With Spring coming we all want to look and feel our best. Learn how to create a healthy lifestyle for yourself and your family during "HEALTHY BALANCE WEEK", April 19-22. The week kicks off on Tuesday with an INTERACTIVE HEALTH FAIR in the Gym. Student health professionals will be available to check your blood pressure, give you an exercise tolerance test, explain your body fat composition, stress evaluations, and do other measurements of your fitness level. During the Fair there will be information available from health oriented businesses and agencies, aerobic instruction, and FREE snacks! It's a great way to start on your road to total fitness! Wednesday's activities highlight two speakers that should be of interest to all students. Joe Nichols, YMCA, will speak at 1:30 pm. on INVOLVING YOUR FAMILY IN FITNESS (PS106). Danita Podach, Registered Dietician from Lima Memorial Hospital follows at 2:00 with EATING WELL IN COLLEGE (PS106). At 10:00 am. on Thursday, Carolyn Michael, of St. Rita's Medical Center, will present a program on LIVING WITH DIABETES, in GA125. LOWER YOUR BLOOD PRESSURE is Sharon Dunlap's topic at 11 am in GA118. High Blood Pressure is called the "silent" killer as there are no symptoms. THE FITNESS FACTORY will be here on Thursday afternoon to get everybody involved in an aerobics session. Give it a try! It's fun! --Stress is a major word in today's vocabulary, and Dr. Joe Green, OSU Psychologist will tell you how to REDUCE STRESS WITH MUSCLE RELAXATION at 2pm in TL152. There are lots of other activities planned. Check the Calendar of Events posted in all the buildings. There's a new You in your future!

DON'T MISS CHARLEY HARPER



Well known artist and naturalist, Charley Harper, will bring his delightful view of the world (plant, animal and human) to Reed Hall 160 at noon on Tuesday, April 19. Harper's wild life prints are currently on view there. He will also present an evening program at 7:30 pm. in the Auditorium. That event is being co-sponsored by OSU-LTC, The Tri-Moraine Audubon Society, and the Johnny Appleseed Park District. Harper refers to his artistic style as "minimal realism" -- he gets rid of the fuss and feathers to capture the essence of the animal and its environment. He says he wants to know "what the animal eats and who eats it!" Charley Harper is a committed conservationist who uses his art to examine the complexity and diversity of the earth and its creatures. His short essays, which are known for their prolific puns and a profusion of patter, are a charming way of highlighting the need to understand more about the natural world around us.

OSU OFFERS REGIONAL SCHOLARSHIPS

Alpha Lambda Delta and Phi Eta Sigma, freshman honoraries, now offer a \$200 scholarship to regional campus student members. See OSU Advising Office, PS148 for more information.

OSU LIMA HOSTS RACE RELATIONS

EVENT- Leaders from 5 Midwest states will gather this week for the First Regional Conference on Race Relations. See Dr. Carol Fasig, PS 210 for details.

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STUDENT ORGANIZATION NOTES -

DRAWING WINNER ANNOUNCED - Congratulations and a tip of the bat to Bud Cate, the winner of SADHA's "Reds Getaway Weekend". Starting on Wednesday, April 20, SADHA will offer tickets on an INTERPLAK toothbrush valued at \$100. Tickets are \$1.00 each and are available at the Dental Hygiene Clinic in Cook Hall or from any SADHA, (Student American Dental Hygiene Association) member. The drawing will take place on May 12. Get your tickets today, and make your mouth happy!

EUCHRE TOURNAMENT ABOUT TO BEGIN - Euchre players from all corners of the campus are invited to participate in the Gameroom's Annual Euchre Tournament. The single elimination tournament will feature 4-Hand turn-up play (one game is 10 points). Sign up through Tuesday, April 19, in the Gameroom (GA015). Play begins Thursday, April 21. Cost is only \$1.00 per team.

BATTLE OF THE BANDS ENTRIES DUE - Last reminder for area rock bands -- tapes and applications are due at WOSL Radio, (GA033) or Student Activities Office, (GA066), by 3:00 pm. Wednesday, April 20 for the 11th Annual "Battle of the Bands". This classic rock event will be held on Saturday, May 7 from 1-7 in the Courtyard.

APRIL 25-29 IS MATH AWARENESS WEEK

OSU's Math Learning Center will observe national MATHEMATICS AWARENESS WEEK with a math contest for ALL (OSU and LTC) Lima Campus students. Prizes will be Bookstore certificates: First prize - \$70.00; Second - \$50.00; Third - \$30.00. See Pat Johnson in GA320 for more details.

ED WILLIAMS PLAYS TRUMPET IN PROGRAM



Ed Williams, Chairman of the Ohio Northern University Music Department, will give a trumpet recital in Reed Hall Room 160 at noon on Thursday, April 21. Williams is the popular director of the Lima Area Youth Orchestra and the well known ONU Jazz Band. He will be accompanied by his wife, the talented Rosemary Zika Williams. His program spans the centuries, from the classics to jazz. Take time to hear this trumpet man!

CAMPUS TO GO "LOONEY" -

You'll be seeing your favorite "Looney Tunes" characters popping up all over campus to announce MAY WEEK, that annual Spring explosion of fun and games coming May 2 - 7. Get rid of those Winter blah's, and sign up for the great May Week events at the Student Activities Office, GA066, or the Athletic Office, CK105.

What's for Lunch/Dinner?

Contract operation of AVI Foodsystems, INC.



"Not So" Commons Snackbar

Hours of operation:

7am-8pm. Mon-Thurs.

7am-2pm. Fri.

**SPECIAL: "MIGHTY" RIB AND
FRENCH FRIES ---\$2.50**

Reed Hall Cafeteria

Visit the Cafeteria for Specialty Bars-

Monday: Nacho Deluxe Bar (priced by the ounce)

Tuesday: Baked Potatoes with all the fixings
(priced by the ounce)

Wednesday: Taco Bar includes burritos, tacos, shells
(priced by the ounce)

Thursday: Potato Skins with all the fixings
(priced by the ounce)

Friday: Soup and Salad Bar (one trip for one low price)

Daily hot specials, plus grill items, salads, and pizza available from 10am -2pm, Monday-Friday. Limited items (Deli, specialty bars, and salad bar) available from 1-2pm.

IMPORTANT NOTES

REMINDER OF CAMPUS CHANGE DAY - Friday, April 22 is the deadline for applications for CAMPUS CHANGE DAY. This orientation program for students transferring to OSU-Columbus will be held on Friday, April 29 at the Ohio Union. See Donna Lamb in OSU Advising, PS 148 for details.

STUDENT ASSISTANTS NEEDED - The LTC Admissions Office has several Student Assistant positions available for responsible students to work at Summer Orientation. If you have the following qualifications, please make an appointment for an interview with Lori Peters, 221-1112, Ext.419 or stop by the LTC Admissions Office. You must have a 2.8 or higher GPA, friendly personality, and good communication skills. The job will pay \$4.55 an hour.

NOMINATIONS STILL ACCEPTED - Nominations for the Lima Campus DISTINGUISHED TEACHING AWARD are being accepted in the Student Activities Office, GA066. The award, sponsored by the Student Senate, will honor one OSU and one LTC professor. Forms are available in the Communicator boxes in each building, Business Office, PS122, Financial Aid, PS120, Admissions Offices, PS148, Library, Cafeteria, and Student Activities, GA066.

ATTENTION LTC STUDENTS - The "PEER SUPPORT" service is open to all LTC students through the Academic Support Office, PS148. This program is designed to help students with their academic and personal concerns. Volunteer students have been trained in listening and referral skills to accurately provide support to their peers. Stop by TL137, Mondays and Wednesdays 10-12 and Fridays, 1-2.

HOMESHARING INEXPENSIVE OPTION - If you are moving to Columbus next year, you may find HOMESHARING an inexpensive option for living quarters. HOMESHARING is a non-profit housing program. College students, among others, are matched as housemates with older adults or adults with disabilities and pay a modest fee for living quarters. For more information, call 614-221-HOME (221-4663).

Athletics:

BASEBALL TEAM SPLITS WITH OU

LANCASTER - The Barons lost the first game 10-2 and won the 2nd game 8-4 during the April 9th game. Highlights of the opener included a double by Mike Lautzenheiser and solo homerun by Shawn Kitchen. Kitchen, winning pitcher of the nightcap, threw a complete game striking 8 players and giving up 2 earned runs. Hitters included: Rusty Allen 2/3, 1 RBI; Shawn Kitchen 2/3, 2 RBI, 2 doubles; and Shane Reynolds 1/2, triple and RBI.

TENNIS TEAM UPDATE - Record prior to the weekend was 3-1 (1-3 in the conference).

GOLF TEAM HOSTED INVITATIONAL

Check next week's Communicator for the results of the 9 team invitational tournament held at Hawthorne Hills this past weekend. This Saturday the team will be in Hamilton.

Intramurals:

HEALTHY BALANCE EXERCISE - Don't miss the walking and aerobic programs as part of this week's Healthy Balance Event.

INTRAMURAL LEAGUES BEGIN THIS WEEK - League play begins this week for men's and coed softball, and 3 on 3 basketball and volleyball. Teams should check the bulletin board outside of the gym for times and dates for play.

OSU FOOTBALL APPLICATIONS - Current OSU students are reminded of the April 30th deadline for submitting applications for 1993 Season Football Tickets. Questions - see

SPRING INTRAMURAL SCHEDULE

ACTIVITY	ENTRY DUE	STARTS
Whiffleball	May 10	May 16

MAY WEEK EVENTS COMING SOON



April 1994



Monday 18	Challengers meeting	10am	Cafe
Tuesday 19	Gallery Hours Challengers meeting Christian Fellowship meeting Noon Series - Charles Harper Interactive Health Fair Healthy Balance-Evening Health Break Tae Kwon Do meeting Special Series - Charles Harper Reception for Charles Harper	11am 11:30am 12pm 12pm 1pm 5pm 6:30pm 7:30pm 9pm	RH 160 Cafe TL 137 RH 160 CK Gym GA 015 CK Hall RH Aud RH 160
Wednesday 20	SADIHA Toothbrush raffle begins Healthy Balance-Exercise Incentive Healthy Balance-Finding Balance Presentation Baron Baseball vs Indiana JV (DH) SAB meeting	 11am 1:30pm 2pm 3pm	 CK Gym PS 106 Home GA 066
Thursday 21	Euchre starts Healthy Balance-Finding Balance Presentation Healthy Balance-Finding Balance Presentation Noon Series - Ed Williams, Trumpet Healthy Balance-Exercise Incentive Healthy Balance-Finding Balance Presentation Tae Kwon Do meeting Healthy Balance-Martial Arts Open House Lima Area Chess Club meeting	 10am 11am 12pm 1pm 2pm 6:30pm 7pm 8pm	 GA 125 GA 118 RH 160 CK Gym TL 152 CK Hall CK Gym GA 015
Friday 22	May Week Committee meeting Healthy Balance-Outdoor Finale	12pm 12pm	GA 066 Crtyrd
Saturday 23	Baron Golf vs Miami U-Hamilton Baron Baseball vs OU-Chillicothe (DH)	TBA 1pm	Away Home
Sunday 24	Gallery Hours	2pm	RH 160

The Communicator is a weekly publication of the Student Activities Office.
Deadline: Wednesday at Noon - Editor: Jeanne Goldman